

July
2006

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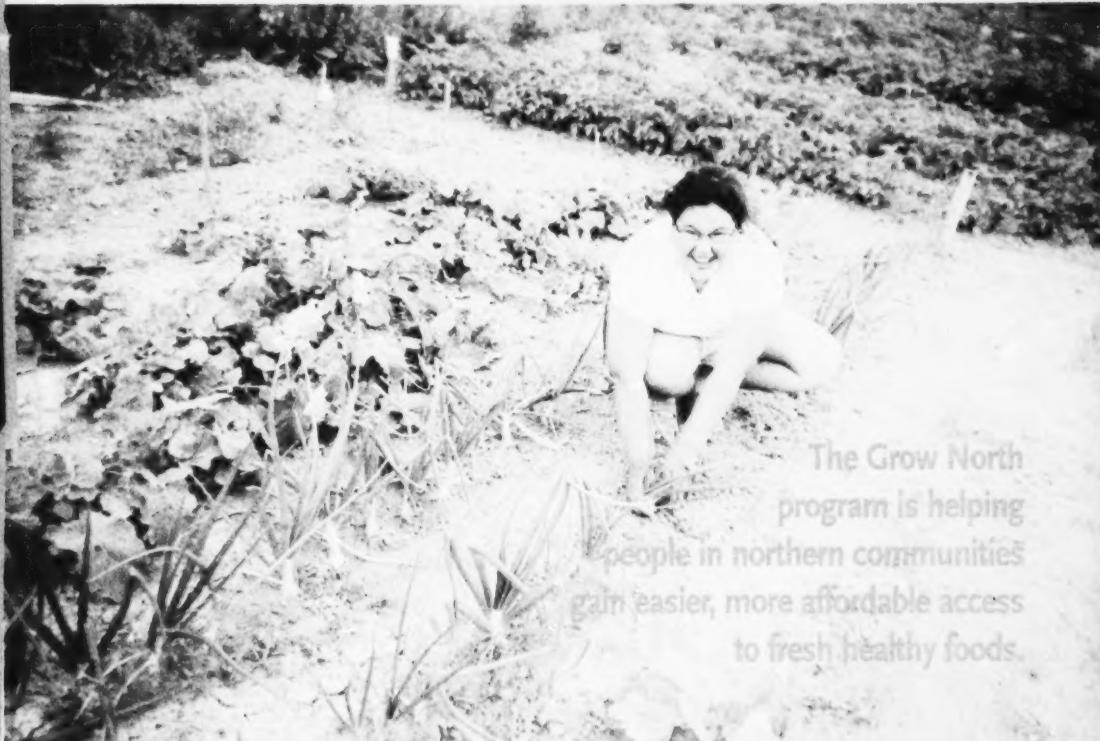
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The Grow North program is helping people in northern communities gain easier, more affordable access to fresh healthy foods.

At St. Theresa Point, on the shore of Island Lake, Cheyenne Manoakesick demonstrates how a well-tended vegetable garden can provide an affordable source of healthy foods for people in remote communities.

This Issue

Welcome to the July 2006 Community Contact newsletter.

Recreation and health is the theme for this July *Community Contact* newsletter. In this issue, we include two main articles, one on the Northern Healthy Foods Initiative (NHFI) and another about a new Royal Canadian Army Cadet (RCAC) corps formed in Cross Lake. The NHFI article will review the Grow North vegetable gardening program which will help northern communities access more affordable and healthier foods. The Cross Lake RCAC article provides us with a look at what's involved with developing a special activity for the benefit of the community's young people.

Considering our theme for this issue, we believe this is a good time to launch the new Manitoba Aboriginal and Northern Affairs (ANA) *Northern Links* newsletter. Copies of *Northern Links* will be inserted with *Community Contact* four times a year. With a focus on health and recreation, this four-page newsletter insert will discuss how communities and individuals can benefit from increased knowledge and awareness in this area. The newsletter will also complement work done by ANA wellness and recreation development consultants with information about health and recreation programs and events, community success stories and much more.

This issue includes a message from the Minister of Manitoba Aboriginal and Northern Affairs to the recent graduates in our northern communities. We also introduce three new staff members who will be working in our Thompson and Winnipeg offices. Our special column, Certification Corner is included in this issue featuring another quiz intended to give waterworks operators practice with answering questions similar to those found on certification exams.

Enjoy this issue and feel free to contact us with your comments, article suggestions or to request additional copies.

GROW Promotes

The difficulty with getting good, nutritious food in remote northern communities is an issue the Manitoba government is responding to through the Northern Healthy Foods Initiative.

The Grow North program is the vegetable gardening component of this initiative. The program is helping people in northern communities gain easier, more affordable access to fresh healthy foods. Gardening helps promote physical activity and reclaim healthy practices of the past that may have been lost.

"We're targeting communities that are remote and semi-remote," says Mark Dourn, manager of the Northern Healthy Foods Initiative, a Manitoba Aboriginal and Northern Affairs program. "These communities are effectively at the outer

edges of the food system that most of society simply takes for granted."

It is not unusual for a healthy sit-down dinner, made at home for a family of four, to cost fifty dollars or more.

The high cost of transporting food to remote communities is often the biggest factor keeping healthy food options out of the hands of northern Manitobans. In a remote community, the cost of perishable foods, including staples such as milk and bread, are often much higher than the cost of non-perishable canned goods. In fact, all food items in remote northern communities tend to be significantly higher priced than they are in southern Manitoba. It is not unusual for a healthy sit-down dinner, made at home for a family of four, to cost fifty dollars or more.

Grow North is currently underway in 18 northern communities. It starts with elementary school children germinating plants as part of their grades 3 and 4 science curriculum. It also teaches the youngsters to understand the benefits of living a healthy lifestyle. This teaching then goes into practice as community and family gardens become a training ground for all generations, frequently with elders showing the young people how it's done.

NORTH

Change for Northern Food Systems

"Talking with elders in these communities, you realize that there's been a slow erosion of traditional approaches to maintain health," says Dourn. "Up through the 1950s, most of these communities depended heavily on gardening, hunting and fishing for most of their dietary needs. Elders talk about how the money-based food system was limited, with stores frequently a long travel away and with a typical grocery list including just the basics – flour, coffee or tea, sugar and lard."

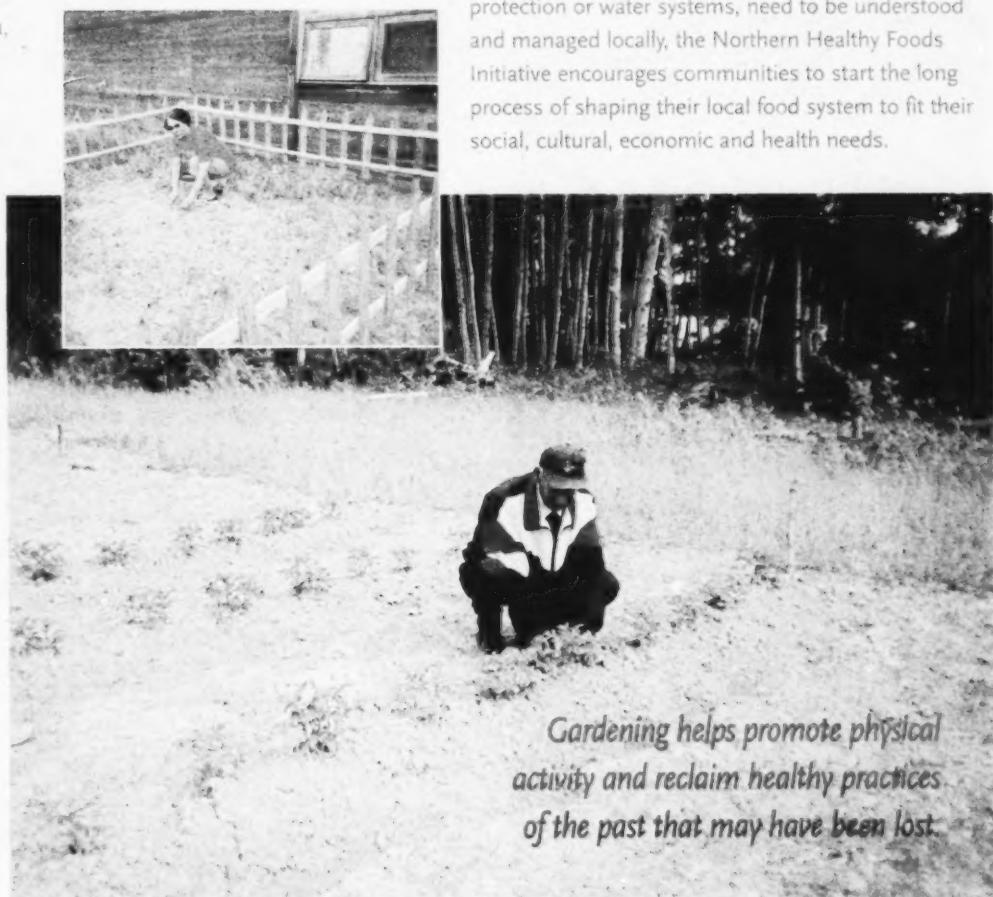
"In the 1960s, as money became a bigger part of the economy, the unintended effect was an erosion of traditional, healthy, subsistence activities. The Northern Healthy Foods Initiative is working with these communities to reclaim some of the traditional healthy food practices that have almost been lost to the younger generation."

After a number of community meetings, policymakers identified fusing traditional ways with modern practice as an ideal way to bridge the generation gap between elders and young people in the communities.

But improving the food system in Northern Manitoba is not just about reclaiming past practices. The Province of Manitoba is also actively pursuing other technologies to improve the food supply chain to remote communities. The goal is to

improve the quality of perishable and nutritious foods, while also substantially lowering prices. A spinoff benefit will be greater participation by Northern and Aboriginal people in the food industry.

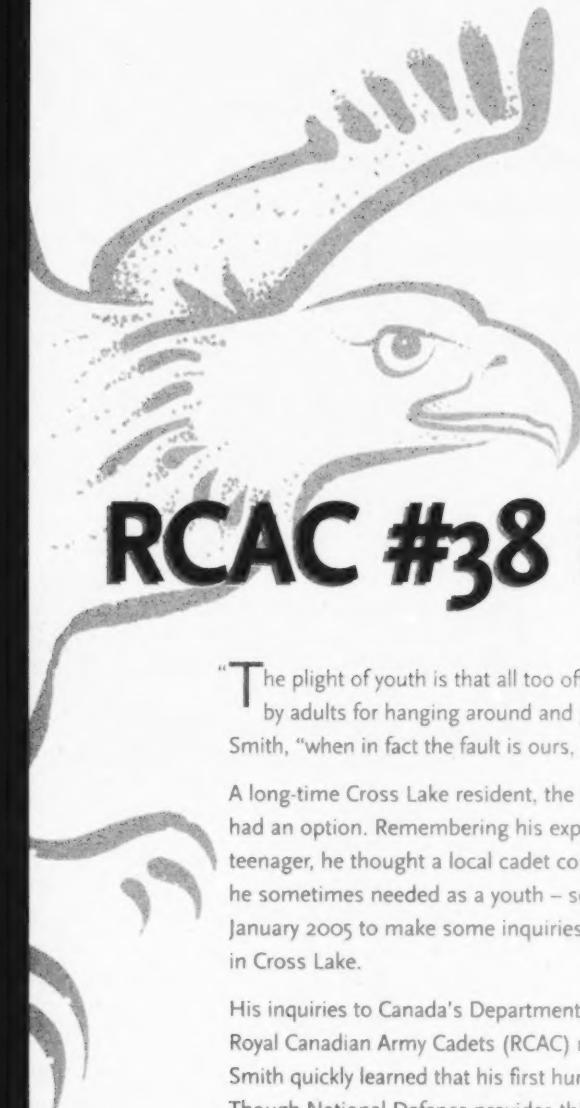
In general, taking a more critical look at community food systems is becoming an increasingly essential activity for communities. Just as other systems, whether they be education, child protection or water systems, need to be understood and managed locally, the Northern Healthy Foods Initiative encourages communities to start the long process of shaping their local food system to fit their social, cultural, economic and health needs.



Gardening helps promote physical activity and reclaim healthy practices of the past that may have been lost.

St. Theresa Point Elder Simeon Manoakesick gets down close to check on the health of the vegetable crops growing at St. Theresa Point. Inset: Jeanette Ascender weeds her home garden plot.

"Overall, the army cadet program has been very successful – it has instilled so much pride in the cadets and the whole community"



A few good youngsters in search of a sponsor

RCAC #38 BUILDS PRIDE IN CROSS LAKE

The plight of youth is that all too often they are wrongly criticized by adults for hanging around and getting into trouble," says Bob Smith, "when in fact the fault is ours, in not giving them any options."

A long-time Cross Lake resident, the 51-year-old Smith believed he had an option. Remembering his experience with cadets as a teenager, he thought a local cadet corps would give youngsters what he sometimes needed as a youth – something to do. He decided in January 2005 to make some inquiries about how to establish cadets in Cross Lake.

His inquiries to Canada's Department of National Defence and the Royal Canadian Army Cadets (RCAC) met with positive responses, but Smith quickly learned that his first hurdle would be to find a sponsor. Though National Defence provides things like uniforms and training, a typical cadet corps sponsor would provide some financial or in-kind support such as a meeting space. In small communities like Cross Lake, there aren't many choices when it comes to finding the kind of sponsor he needed, and Smith quickly exhausted all of them.

Desperate for help, Smith approached the mayor and council of Cross Lake. As a councillor, he knew chances were slim that money could be found to fund an initiative like his, but it didn't stop him from trying. Smith was careful to explain his case, informing the mayor and council that this idea of establishing a cadet corps would fail without financial support. His quest paid off when council agreed they would sponsor the cadet corps in the interim, while extracting a promise that searching for an appropriate corporate sponsor would be a primary goal of the corps.

With interim funding in place, the next dilemma Smith faced was that of recruiting officers to run the corps. Fortunately, a local RCMP member, Corporal Gary Hollender, who had prior expertise with running a cadet corps, stepped forward to volunteer as commanding officer.

With Corporal Hollender in command and Bob Smith as training officer, things began to fall into place. Assistant training officer Mabel McLeod, administration officer Janine Settee and supply

officer Angie McIvor joined Hollender and Smith to make a total of five sworn-in officers. Two local RCMP staff members, Jason Yaskew and Richard Perkins, also offered their services as civilian instructors.

"The corps size was originally to be approximately 30, although we are presently sitting at 55," says Smith. "The response has simply been overwhelming – we have been deluged with over 100 youth wanting to join." The problem, says Smith, is the number of cadets they can accept is limited by the number of adult officers available to supervise.

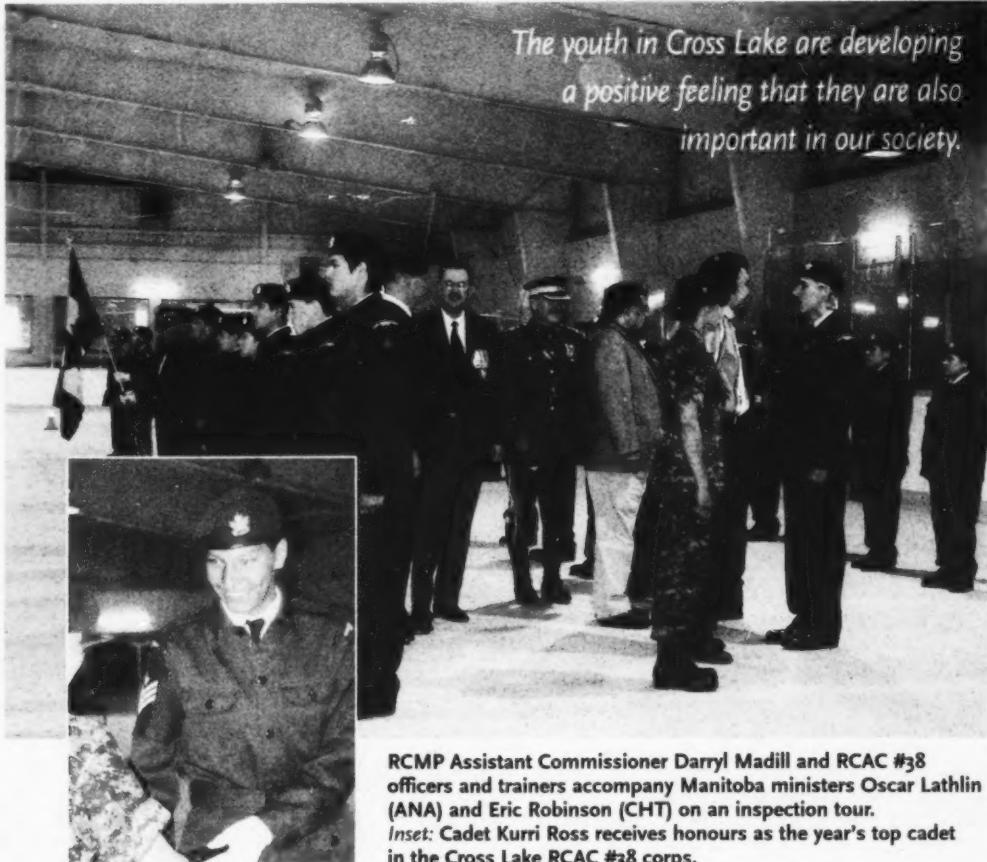
Smith says Cross Lake citizens, especially the parents of cadets, have been highly supportive. "Many parents and the general public are coming out and encouraging these cadets. Overall, the army cadet program has been very successful – in that it has instilled so much pride in the cadets and the whole community – and this is a very positive step in developing our youth in Cross Lake to having a positive feeling that they are also important in our society," he says.



RCAC # 38 continued

"The ultimate goal we wish to achieve is to develop good citizenship with leadership, discipline, decision-making and team working qualities that will prepare them for entering the work force," Smith says.

There is another goal Smith must meet, and it may be the most critical. He needs to find a corporate sponsor for the only Royal Canadian Army Cadet corps in Manitoba currently serving a Northern Affairs/First Nations community. That sponsor must be willing to make a long-term commitment to helping young people gain a sense of purpose and a source of personal pride. Not a bad reason to get involved, Smith says.



The youth in Cross Lake are developing a positive feeling that they are also important in our society.

RCMP Assistant Commissioner Darryl Madill and RCAC #38 officers and trainers accompany Manitoba ministers Oscar Lathlin (ANA) and Eric Robinson (CHT) on an inspection tour.
Inset: Cadet Kurri Ross receives honours as the year's top cadet in the Cross Lake RCAC #38 corps.



Oscar Lathlin, Minister

Congratulations

June 2006

To all graduates

Congratulations! Your hard work and perseverance have paid off and now you are graduating!

Your education has provided you with the tools to make your future what you want it to be. You have established the basis on which all of your dreams can be realized. Whether you choose to go on to post-secondary education or a chosen career path is up to you. Your family and teachers must be extremely proud of your accomplishments.

I wish you well in future goals and plans.

Sincerely,

Oscar Lathlin, Minister

Manitoba Aboriginal and Northern Affairs

A large, stylized graphic of the Northern Lights (Aurora Borealis) in white and grey against a dark background. The lights are depicted as flowing, curved lines with small stars, resembling a aurora borealis over a landscape.

Northern Links

Recreation Edition
Manitoba Aboriginal and Northern Affairs

Welcome to Northern Links!

Welcome to the first publication of *Northern Links – Recreation Edition*, a newsletter promoting healthy active living in northern Manitoba. The vision of *Northern Links* (NL) is to help improve quality of life and opportunities for Manitoba's Aboriginal and northern people. Writers working on NL hope to fulfill this mission by providing interesting and insightful stories about people and communities that promote physical and cultural activities. The newsletter will also feature people who excel in sports, participate in, and help establish and maintain recreational events in their community. We will also let you know what kinds of activities are taking place in various communities so that you may participate or, perhaps, hold similar activities in your own community. We hope you will find this publication timely and useful.

July 2006

Advancing
into Recreation

Recreational
Leadership Training

New Programs
to Prevent Drowning

Alberta Development
Guidelines

Manitoba 
Building for the Future

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Your education has provided you with the tools to pursue the career path you want to be. You have established the basic skills which will help you succeed in your chosen field. Whether you choose to go into a professional position or a trade, it's up to you. Your family and teachers should be extremely proud of your accomplish-

I wish you well in future goals and plans.

Sincerely,
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A large, stylized graphic of the Northern Lights (Aurora Borealis) in white and yellow against a dark background. It features a central, bright, branching structure with smaller, scattered stars and sparkles.

Northern

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July 2006

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Manitoba 
Building for the Future

Adventure into Recreation

Practical, Fun Learning for Aboriginal Communities

9th Annual Northern Links Recreation and Wellness Workshop

September 18 to 22, 2006

What is Northern Links?

Northern Links is a week-long annual recreation workshop sponsored by Manitoba Aboriginal and Northern Affairs (ANA). The workshop is designed for people who work with recreation programs and activities in Aboriginal communities. Hands-on training sessions teach participants how to make a difference in their communities.

Who Should Attend?

People from Manitoba ANA communities, First Nations, Metis communities, friendship centres and tribal councils. Participants can be:

- recreation directors
- youth workers
- recreation programmers
- Brighter Futures Initiative (BFI) workers
- Building Healthy Communities (BHC) workers
- recreation supervisors
- band councilors in charge of the band's recreation portfolio

Where and When?

The workshop location is Camp Wannakumbac, less than an hour's drive south of Dauphin, in the beautiful foothills of Riding Mountain National Park. It takes place Monday, September 18 to Friday, September 22, 2006.

What is the cost?

The cost is \$300 per person and includes meals and accommodations for the week. You are responsible for your own travel.

Who will host workshops?

Sue Holloway, consultant and facilitator, has 16 years of experience designing, teaching and facilitating personal and professional development. She has worked with recreation and Aboriginal communities for the past nine years. Her background in experiential education will challenge you to get involved in exciting learning experiences.

Guest speaker, Don Starkell, Winnipeg-based author and explorer, earned a place in the Guinness Book of World Records when he and his son paddled a canoe from Winnipeg to the Amazon River in the early 1980s. Ten years later, he paddled a kayak across the Canadian Arctic from Churchill to Tuktoyaktuk. Don will share his remarkable stories of courage and determination and discuss values and benefits of the canoeing lifestyle.

Opening Night Activities – Gymblast will provide a jam-packed, fun-filled session that promotes teamwork and sportsmanship. Don't miss it! For more info on Gymblast go to www.gymblast.com

A variety of other recreation-related sessions include:

- leadership
- program planning
- partners trade show
- building partnerships
- grants and proposals

How do I register?

Contact Stew Sabiston at 201-622-2148 (Dauphin) or Faron Cook at 201-677-6805 (Thompson) or visit www.northernlinks.org for more information and to print the registration form.

Recreation Leadership Training in Northern Manitoba

If you like being active and involved in your community, the University College of the North (UCN) Recreation Leadership Certificate Program may be right for you.

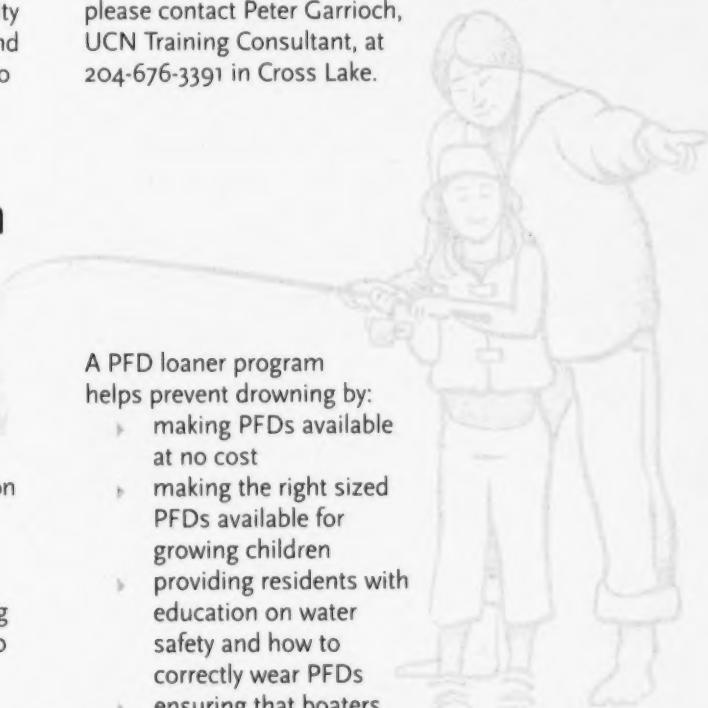
Beginning in September 2006, UCN, Cross Lake Regional Centre, Norway House Regional Centre and Manitoba Aboriginal and Northern Affairs (ANA) will deliver the Recreation Leadership Certificate Program in Cross Lake and Norway House. Graduates of the program will be equipped to organize and administer community recreational systems and programs, plan activities, manage facilities and work with special populations.

Innovative program delivery will be of particular interest to those already employed in recreation and community leadership. Over an 18-month period, students will attend full-time classes one week per month. Classes will also alternate between Cross Lake and Norway House

locations, allowing students to return to their home communities and jobs during the intervening weeks. Successful students will graduate with a Recreation Leadership Certificate from UCN.

While the program will interest a broad range of participants, applicants should have completed Grade 12 to enter the training. Applicants without a Grade 12 diploma may be admitted as mature students if they are able to demonstrate the academic skills required for success in the program.

If you would like to find out more about the Recreation Leadership Program at Cross Lake and Norway House, please contact Peter Garrioch, UCN Training Consultant, at 204-676-3391 in Cross Lake.



A PFD loaner program helps prevent drowning by:

- making PFDs available at no cost
- making the right sized PFDs available for growing children
- providing residents with education on water safety and how to correctly wear PFDs
- ensuring that boaters can be recovered in a search and rescue operation
- promoting PFDs as an accepted, expected and natural water safety tradition

If your community is northern or remote and situated near a water body that represents a drowning hazard, this program may be for you. Participating communities will have to develop a loan system and identify a local organization to take responsibility for the program.

Interested communities can contact the Coalition for Safer Waters at 1-204-787-1873. For more information on the PFD program, go to the Coalition for Safer Waters website at www.hsc.mb.ca/impact/s_w_index.htm

Canada's New Long Term Athlete Development Guidelines

Sport Canada and most provincial sport authorities, including Sport Manitoba, are in the process of embracing a new long-term athlete development model (LTAD). Acceptance of the LTAD will require a change in thinking about sport in Canada. The eventual goal for LTAD is to link community-based sport with the best our country's athletes and coaches.

LTAD stresses the importance of:

- skill development through proper training and practice before introducing young athletes to an overly competitive sport system
- giving children opportunities to benefit from a multi-sport experience rather than being channelled into a single, year-round activity

Sport Manitoba is providing a session on LTAD at each of seven regional sport conferences this fall. The theme of each conference is The Sport You Want in Your Community. Besides introducing LTAD to key community-based leaders in sport, physical education and recreation throughout Manitoba, the conferences will also provide information on how teams, and indeed entire communities, can join the true sport movement. Sport Manitoba will also outline plans for providing financial and planning support for communities interested in forming a community sport, recreation and school alliance. The dates for these important conferences are:

Central Region	— Friday, October 20 and Saturday, October 21
Eastman	— Saturday, November 18
Interlake	— Saturday, October 14
Norman	— Tuesday, October 17 and Wednesday, October 18
Parkland	— Saturday, November 4
Westman	— Friday, November 24
Winnipeg	— Saturday, November 25

Regional – Community Sport Development Grants Program:

Sport Manitoba's 2006/2007 Regional-Community Sport Development Grants Manual is available on our website www.sportmanitoba.ca, under funding and downloads or by contacting your regional sport manager under about... regional offices.

All sport partners are eligible to apply for financial assistance in three major areas:

- hosting athletes, coaches and officials attending clinics, camps and regional championships
- community development initiatives including introduction of a new sport
- travel to provincial team tryouts, clinics and championships for athletes, teams, coaches or officials

In addition, Aboriginal people who attend courses to earn certification as coaches or officials may apply to have their registration and applicable travel/ accommodation costs paid by Sport Manitoba through the Canada-Manitoba Sport Development Program.

Visit Sport Manitoba's website www.sportmanitoba.ca/about/regional_offices.php or call toll free 1-866-774-2220 to contact your regional manager for further information about grants and your regional sport conference.

If you have any questions, comments, ideas or would like to make a submission for the next issue please contact:
Faron or Stewart

Faron Cook, Editor

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New Staff at ANA

Manitoba Aboriginal and Northern Affairs (ANA) welcomes three new staff members to our team. They are Chris Tyrrell, technical consultant, Leanne Kowal, trust and revenue clerk and Leo Poulin, Municipal Employees Benefit Program administrator.

Based in Winnipeg, **Chris Tyrrell** works with the north central region Local Government Development Branch. Some of his responsibilities include training public works employees, developing partnerships to improve communication, applying the workplace safety and health program, maintaining infrastructure and reducing liability.

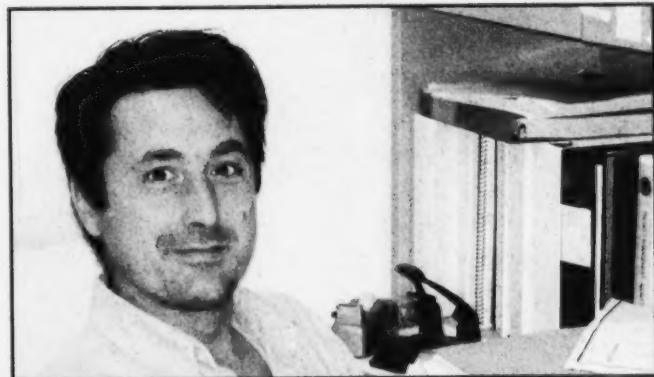
Chris graduated from Civil Technology and Building CAD in Winnipeg and has worked for several engineering companies. Chris is looking forward to using his wide-ranging construction and design experience to help communities and have a positive effect on their future growth. Originally from southern Ontario, Chris lives just south of Winnipeg and enjoys many outdoor activities, movies, books and collecting.

Leanne Kowal works in the Finance and Administration Branch of ANA in Thompson. Leanne has a diploma of Business Administration from Keewatin Community College (UCN) and is currently working on Level 4 of the Certified General Accountant program.

Originally from Mafeking, Leanne has made Thompson her home for the past 16 years. She has an 11-year-old daughter, loves fishing and is looking forward to working for the department and serving our communities.

Leo Poulin works in the Finance and Administration Branch of ANA in Thompson, where he was previously a student employee for two summers. His primary duties are administering the Municipal Employees Benefit Program for northern community council employees and working with the cottage subdivision process.

Recently graduated from Brandon University with a Bachelor of Arts degree in Business Administration, Leo was born and raised in Thompson. He enjoys hockey, soccer, fishing, music and he's looking forward to any challenges the future holds.



Chris Tyrrell



Leanne Kowal



Leo Poulin

Certification Corner

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This edition of Certification Corner is taken from the Operator Certification Study Guide, available from the AWWA Bookstore (800-926-7337 or www.awwa.org/bookstore). The study guide contains hundreds of questions and answers that are sourced for more information, as well as several practical appendixes. The questions were developed according to the Association of Boards of Certification need-to-know criteria. The guide is intended to give operators practice answering questions that are similar in format and content to the questions that appear on certification exams.

1) PVC pipe can use tees, elbows and other fittings from what other type of pipe?

- a) prestressed concrete cylinder
- b) ductile iron
- c) concrete
- d) asbestos cement

2) A meter indicates water is flowing from a fire hydrant at 73 litres per minute. How many litres will flow from the hydrant if it is flushed for 35 minutes?

- a) 75.7
- b) 345
- c) 2,555
- d) 3,444

3) A utility's annual average daily demand is determined by dividing the:

- a) water use per month by the number of days per month
- b) total water use for the year by 365 days
- c) water use per week by seven days
- d) average day demand by the number of residents

4) Water corrosion in metal piping will increase if:

- a) the pH is above 7.0 and has low dissolved oxygen levels
- b) the alkalinity is high and water temperature is low
- c) total dissolved solids are high and pH is low
- d) the pH and alkalinity increase

5) Ozone contractors must have a system to collect ozone off-gas because ozone is:

- a) toxic
- b) explosive
- c) mutagenic
- d) magnetic

1-b, 2-c, 3-b, 4-c, 5-a

Answers

Community Contact

Community Council members, community residents and departmental staff are strongly encouraged to submit feedback, comments, questions, suggestions and ideas to the editor.

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